

South Lakeland District Council
Council
Tuesday, 30 June 2020
Health, Wellbeing and Financial Resilience

Portfolio: Cllr Suzie Pye

Report Author: Laura Chapman – Corporate Support Officer

To work with other tiers of government, community groups and other relevant partners to enhance the health and wellbeing of residents.

Alleviate the harmful effects of poverty in the District, looking at issues to address those who are disadvantaged.

Working with key partners with regards to welfare reforms.

Nominated representative on the Health and Wellbeing forum as appropriate.

The relationship of the Council with its citizens; civic participation and the Council plan objectives around leisure, health and wellbeing and working with communities.

Working with key partners with regards to public health and community safety.

Polices, plans and strategies

- Community Strategy
- Health and Wellbeing Strategy
- Cumbria Joint Public Health Strategy
- Community Safety Plan

Key Areas

- Public Health
- Community Development
- Crime and Disorder Reduction Strategy
- Voluntary Sector in relation to Public Health and Wellbeing Sector
- Health and Safety
- Poverty alleviation
- Young People/ projects

Public Health

Cumbria County Council created the Cumbria Public Health Strategy to encourage collaborative working themes to improve resident's health across Cumbria. The document aims focuses on the wider determinants of health.

As part of our policy framework, South Lakeland District Council has adopted this strategy with the aims of improving health outcomes.

Throughout 2019/20 the Council has been continuing to work with partners to influence the implementation of the strategy. The five strategic priorities have been confirmed as:-

- Social Prescribing
- Planning
- Transport and connectivity (eg. active transport, rurality and access to services)
- Food and the healthy weight agenda
- Poverty

In December 2018 the Council achieved a bronze award in the Better Health at Work scheme, which recognises the achievements of organisations in promoting healthier lifestyles and considering the health of their employees and helps them move forward in a structured and supported way.

As part of the Better Health at Work scheme the Council created a programme of lunchtime walks throughout the year to encourage employees and councillors to be active in their lunchbreaks.

A Health and Wellbeing week was held across the Council in February which included session on foot, knee and hip, desk based exercises and menopause awareness. All session were well received by staff and videos of exercises and further information on the menopause were made available to staff following the sessions. In partnership with GLL health checks have also been provided throughout the year.

Many Council employees, particularly in street scene are exposed the sun throughout the summer months. Therefore the Council arranged a series of skin health sessions where staff received personal feedback on their skin and advice on how to protect it.

Following this success, the council will be working towards achieving a silver award which builds upon the basics of the Bronze level however takes a more holistic view of the workplace. This would include:

- Encouraging physical activity across the workplace
- Developing and implementing health related policies
- Participating in regional or local health campaigns
- Provide information to contractors and visitors in relation to health issues

As a result of Coronavirus many residents are working from home, home-schooling children or have been feeling worried or anxious. SLDC backed the 'Every Mind Matters' national campaign which encouraged residents to look after their mental and physical health to prevent issues becoming more serious. The campaign includes helpful tips and advice to help residents take care of their mental wellbeing.

The Council funded the distribution of 16,000 self-help guides produced by Every Life Matters to households and organisations within South Lakeland. The 'Wellbeing and Mental

Health during Covid-19' guide included useful advice on how to look after your mental health during the pandemic. Locality Officers had also distributed posters to key services areas regarding male suicide and the support available.

Community Development and Voluntary Sector in relation to Public Health and Wellbeing Sector

In partnership with the Customer, Commercial Services and People portfolio the Council has been working with a variety of community groups across the district to improve local play areas. The improvement of parks such as Abbot Hall, Maryfell, Rayrigg Meadow and Millerground are encouraging young families to utilise the facilities available which in turn supports their health and wellbeing.

Since the launch of the Councils 'Fill Up' scheme in 2019 a total of 53 business have signed up and displayed a sticker in their window to identify that they will fill up re-usable water bottles for free. The scheme encourages communities to drink more water supporting the improvement of health as well as reducing single use plastic waste.

The breastfeeding friendly scheme has been very successful in supporting mothers across the district to feel comfortable breastfeeding at a variety of premises. A total of 82 businesses across South Lakeland have signed up to the scheme and have displayed a sticker in their windows to show that they welcome and support breastfeeding families. The scheme aims to:

- Support mothers to feel confident breastfeeding out and about
- Be a way that communities and businesses can show they welcome and support breastfeeding
- Raise awareness about the benefit and barriers to breastfeeding

In January 2020, the Council granted £3,000 towards securing a vital role at Springfield Domestic Abuse Support in South Lakeland. The grant enabled the charity to access match funding, safeguarding the role for another 12 months and increasing it to 24 hours per week. In 2018/19 the charity provided 387 individual support sessions and 61 telephone support sessions for those unable to attend the Community Hub.

As a result of Covid-19, SLDC worked in partnership with Cumbria County Council and other leading organisations to establish an emergency support helpline for people at high risk and those who do not have support available from family or friends. The helpline has coordinated the supply of essential food, medicines and supplies. The Community Resilience group is working closely with community volunteer groups to match requests with local support networks. A total of 99 volunteer groups had been established across Cumbria.

Cumbria has seen widespread community and voluntary sector support for the response to COVID-19 and informal support, including neighbourhood WhatsApp groups and community Facebook groups, alongside a commitment from existing community emergency planning groups, local churches and faith groups and formal voluntary sector organisations who are working with the county council and partners including District Councils and NHS.

Crime and Disorder Reduction Strategy and Young People/ Projects

The South Cumbria Community Partnership (CSP) plan 2019/20 has utilised effective collaboration between South Lakeland District Council, Barrow Borough Council, Cumbria Constabulary and partner agencies including Safer Cumbria. The CSP had a total of

£20,000 for supporting projects which have been aiming to prevent crime falling under one of the priorities below.

The five priorities for 2019/20 were:

- Protecting vulnerable adults
- Domestic abuse
- Substance abuse and drug supply
- Violent crime
- Anti-social behaviour

As Health, Wellbeing and Financial Resilience Portfolio Holder, I was appointed as the CSP Chair in January 2020, with the Vice Chair Superintendent Sarah Jackson.

Throughout 2019/20 the CSP has been working with partners to tackle the above priorities.

The CSP part funded project from Brathay Trust which will provide a combination of one-to-one interventions and detached youth work to intensively support 50 vulnerable young people in South Lakes between the ages of 12 and 16 who are at risk of:-

- Grooming and forms of exploitation such as criminal exploitation
- Committing anti-social behaviour
- Committing violent crime

Dropzone is a support network for young people in Barrow who are currently missing out on essential services. The scheme is designed to prevent them reaching crisis point due to not accessing essential services by delivering vital intervention and preventative work which also reduces pressure on statutory services.

Through South Lakeland News, the CSP has raised awareness and support mechanisms available for victims of domestic abuse across South Cumbria.

The CSP has also supported Barwatch with initiatives for reducing night time economy crime and violence, such as; Roving door staff scheme, taxi marshals in Windermere and training for pub staff in conflict management.

Through partnership working with the Kendal Local Focus Police hub to tackle ASB the CSP funded 15 tracker kits to combat a recent spate of thefts of Quad bikes.

The overall Crime figures within South Cumbria (South Lakeland and Barrow) have increased over the past year, however this following the changes made to improved crime reporting, which saw Cumbria Police ranked as outstanding for crime recording. The Cumbria Constabulary are expecting to see a gradual levelling out of crime figures.

The CSP had received presentations from Cumbria County Council Public Health which showed relatively high figures of hospital admissions for self-harm. Barrow, Lancaster and South Lakeland now rank 39th, 37th and 35th respectively of the 39 District and Unitary Authorities in the North West. In comparison to 10 years ago they presented as 18th, 25th and 7th. The Public Health team have convened a working group with Police, NHS and Service Provider colleagues in an effort to establish the robustness of this data. It was reported to the CSP that in 2019 there had been an increase in hate crimes across Cumbria. As a result Cumbria Constabulary are reviewing independent hate crime reporting centres across the District as well as undertaking training for these staffed offices.

Over the past 3 years the CSP has supported the Get Safe Online Cyber Security Courses. Since the course begun in 2017 a total of 348 people have attended a session and following the successful uptake further sessions have been arranged in spring.

The CSP has also approved the application of a new funding bid to the Arts Council to continue the highly successful Applied Theatre in Cumbria (ATiC) project which delivers high quality impact drama and workshops to young people in schools on current issues. The County Lines production earlier in the year saw 80% of students saying the performance has made them think differently about the decisions they make in the future.

Health and Safety

The Council has a duty to protect the health and safety of the residents and visitors within South Lakeland where possible. The Food and Safety officers within the council are responsible for health and safety in:

- Offices
- Shops
- Hotels
- Guest houses
- Catering services
- Care homes
- Warehouses

The Council has been continuing to inspect workplaces to ensure they are obeying the law and help employers to understand the importance of health and safety and investigate any accidents or complaints reported.

The council currently enforces health and safety across approximately 2300 premises within South Lakeland. Since April 2018 the service have received 208 requests for health and safety, 180 accident notifications, 7 asbestos notifications and have taken 152 Food Samples.

The Council enforces a total of 1853 premises for food safety across the district, of which 79% of premises that have a food hygiene rating are rated as 5.

As at March 2020 the service inspected:-

- 100% of A rated Food Premises
- 91% of B rated Food Premises
- 91% of C rated Food Premises
- 87.5% of D rated Food Premises
- 92% of E rated Food Premises

The number of food businesses within the district that have a rating of 3 and above is 93%. 99%. Since April 2018 there is a total of 24 new Approved Food Premises in our area.

Between 1 April 2018 and 2 March 2020 the service had received 1434 food requests and completed a total of 1761 food hygiene inspections.

The Council will be supporting the Health and Safety Executive through an enforcement role by conducting inspections to ensure that businesses are adhering to regulations to prevent the spread of Coronavirus as well as supporting the Test and Trace initiative.

Poverty alleviation

Since the Council formed the Building Financial Resilience (BFR) Group it has been working with partners to promote ways to make money go further and reduce financial hardship across communities. The group has been making excellent progress in addressing the actions identified within the action plan.

The action plan has been broken down into 5 different task group areas which focus on actions under different aims:-

- Increase partner collaboration and publicise support available to the public
- Build local wealth
- Increase access to skills and education
- Reduce fuel poverty
- Food waste and re-distribution

With the support from partners, SLDC have created a successful BFR webpage which includes support mechanisms for members of the public to access relating to money, food, housing, wellbeing and skills and information. [Click here to view the page.](#)

In January 2020 the BFR group donated 100 copies of the Tin Can Cook Book to financial hardship groups and foodbanks across the district. The cook book is designed to create cheap, easy meals using tinned goods.

In November 2019 the Council supported the UlverSTEM and Kendal College's SkillFest which were aimed at promoting skills and education. Both events were supported and promoted by the Council as part of our commitment to promote career opportunities and help build financial resilience in the area. The Council's BFR webpage also includes links for residents to access free community learning and skills courses in South Lakeland.

The BFR group are committed to tackle fuel poverty across the district. From November 2018 to November 2019, CAfS visited 186 properties within South Lakeland and installed a total of 1,902 energy saving measures.

In October 2019 the Council worked alongside Cumbria Tourism to introduce a new scheme which allows 1/3 off off-peak single or day return bus tickets for journeys on Northern services within Cumbria (including Silverdale, Carnforth and Lancaster) for My Cumbria Card holders.

In 2019 the Council coordinated a campaign through social media channels to encourage residents to spend in local shops and use local attractions and encouraged businesses to work with local suppliers. The key message which underpinned the campaign was that if every adult in South Lakeland spent just £5 extra per week locally it would be worth an extra £27m each year to the local economy.

The LEAP scheme is also designed to tackle fuel poverty across the district. SLDC staff were given training on the scheme to help them identify residents who may benefit from the scheme. From Oct '18 to April '19 the scheme had generated total savings £139,165.89.

In January 2020 the Council donated £1,500 from the Poverty Alleviation fund towards a project based in Staveley to help disadvantaged children take part in extracurricular activities that they may not otherwise have the opportunity to experience. This scheme allows children who normally would miss out on certain extracurricular activities due to lack of finances to at

least experience some lessons or to set them up with a musical instrument or piece of kit to help start them off.

In February 2020 SLDC supported a pilot scheme throughout February Half Term to provide children eligible for Free School Meals with activity days and lunch clubs. The scheme was undertaken in partnership with People's Café and GLL (Kendal Leisure Centre) and included children from across 5 primary schools within Kendal.

With the majority of schools closed due to Coronavirus the Council has been easing the worry of period poverty for girls and young women across the district by distributing free sanitary products to 30 pick-up points across the District, which would have previously been available through at secondary schools.

The Department of Work and Pensions have reported an increase in the number of cases seeking benefit support as a result of Coronavirus, an additional 135,000 people have claimed benefit support across the United Kingdom. Citizens Advice is offering debt advice and support.

Age UK have reported an increase in reports of anxiety and loneliness however they are managing these report through offering helpful support networks and launched a #ok2ask campaign.

Food Bank across the District have also reported increased usage and on average are collating 180 parcels per week. The Community Resilience Group is closely monitoring this should food donations decrease.